

Photo by Airman 1st Class Krystal Ardrey, 3rd Combat Camera Squadron

An Airman from the 433rd Aircraft Maintenance Squadron works on the flightline at Joint Base San Antonio-Lackland Sept. 4. The 433rd AMS is the Air Force's sole C-5 training base and the Air Force Reserve's only functional training unit. See photo story, Page 10-11.

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Texas natives helping AF softball go for goldPage 16

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CFC: Even small donations make a big difference

By 1st Lt. Amanda McGowin JBSA CFC Coordinator

In uncertain financial times, to include sequester budget cuts and civilian furloughs, even the smallest donation can have a large and lasting impact when it comes to the Joint Base San Antonio Combined Federal Campaign, which runs through Oct. 18.

I'm optimistic that even with these hardships our civilian teammates have endured, many of them are still willing to help those less fortunate than themselves. The goal for all CFC representatives is to spread the word that even small donations can make a big impact.

For example, just \$1 per month can provide 84 meals to hungry Texans or 500 diabetes risk tests; \$2 per month can provide three cancer screenings or train a nurse on high-risk prenatal care;



and \$4 per month provides support to 80 cancer survivors, provides a spay/neuter surgery to a homeless animal at a local shelter or contributes to research that helps find cures to numerous diseases.

There are so many more examples of what a few bucks can do, but the bottom line is this: can you go with one less

cup of premium coffee a month? One less soda? One less lunch out?

I challenge everyone, military and civilian alike, to find out how they can make a difference in our community, and CFC is one of those convenient tools to

The Combined Federal Campaign is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations while allowing employees a convenient way to give to the charitable organizations of their choice.

The goal for the entire San Antonio area is to raise \$5.5 million. The goal for CFC donations for JBSA, its mission partners and tenant organizations, is to raise \$4 million. Units are encouraged to hold fundraising events, but they must

See CFC Page 6

Some businesses off-limits for protection of armed forces

Bv Alex Salinas

JBSA-Randolph Public Affairs

There are a handful of businesses in the local area that are off-limits to armed forces members, without exception.

According to an Air Education and Training Command memorandum dated Aug. 31, 2011, all 502nd Air Base Wing and Joint Base San Antonio military members are forbidden to enter any establishments named Cracker Box Palace, Planet K, Players Club of San Antonio and Voodoo Tattoo Parlor.

This also includes all locations in Bexar, Atascosa, Bandera, Comal, Guadalupe, Kendall, Medina and Wilson counties.

These businesses are areas where suspicious activity has been reported that is perceived as damaging to the Air Force

"These establishments were placed offlimits by the San Antonio Armed Forces Disciplinary Control Board to help maintain

the health, safety, morals, welfare, morale and discipline of the Armed Forces personnel," the memorandum states.

Entering areas deemed as "off-limits" or "blacklisted" may result in losing a military career, Mance Clark, JBSA-Randolph antiterrorism officer, said.

However, the bigger picture is not just avoiding the blacklisted spots, but reporting suspicious activity whenever and wherever it happens, Clark said.

"The purpose is to provide a safe and secure environment for military and civilians on our installations," Clark said. "Antiterrorism is not a one-man job. Report suspicious activities if you see any.

"The base populations are integral to the reporting process because reports may help protect others from potential threats."

Suspicious activities include but aren't limited to underage buying of alcohol, child labor, drug trafficking and the presence of gangs.

The key is reporting criminal activity without trying to stop it.

"Even if you don't have a uniform on, never get involved," Clark said. "As calmly as you can, call 911 and provide details of the type of activity you have witnessed and the location where it occurred."

The Armed Forces Disciplinary Control Board, which first placed the establishments off-limits in 1997, meets quarterly to ensure safety and security is a top military priority.

"The bottom line is to always report suspicious activity," Clark said.

Someone who witnesses a suspicious or unusual activity on a JBSA location, such as a stranger lingering in a parking lot, should call the appropriate non-emergency number.

At JBSA-Randolph call 652-5700/5509; JBSA-Lackland, 671-3030/2018; and JBSA-Fort Sam Houston, 221-2244/2222.

For all emergencies, call 911.

TALESPINNER

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Deadline for story submissions is noon Thursday the week prior to publication.

Straight Talk Line

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.

JBSA-Fort Sam Houston: 466-4630

JBSA-Lackland: 671-6397

JBSA-Randolph: 652-7469

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News IN BRIEF

WEDNESDAY

AIR FORCE BIRTHDAY

The JBSA-Lackland Library celebrates the Air Force's 66th birthday with a cake at 1 p.m. Wednesday.

For more information, call 671-3610.

INFORMATIONAL

LIMITED FLU VACCINE AVAILABLE AT WHASC

A limited amount of influenza vaccine is available at the Wilford Hall Ambulatory Surgical Center atrium.

The vaccine is prioritized for active-duty deployers, 59th Medical Wing personnel and high-risk patients. All others should await further announcements about vaccine availability. Flu vaccinations are mandatory for all active-duty members and all hospital employees.

Medical personnel at JBSA-Randolph and JBSA-Fort Sam Houston should plan to get vaccines at those locations, as well as non-risk groups who receive primary care at those other locations.

Vaccination hours are 7:30 a.m. to 4 p.m., Mondays, Tuesdays, Wednesdays and Fridays; and 7:30 a.m. to 3 p.m., Thursdays.

For more details, call 292-4278.

UTILITY DEPOSIT WAIVER

Active-duty military members who rent or buy in the local community can apply for a utility deposit waiver from CPS Energy, the San Antonio Water System and Grey Forest utilities.

Waiver requirements include: the active-duty military member must be the primary customer on the utility account, permanent change of station orders verifying U.S. active-duty permanent-party assignment to JBSA-Lackland and the utility account number must be provided, in person, to the JBSA-Lackland Housing Referral Office, 2254 Brian McElroy.

For more information, call 375-5148/9.

CAC/ID CARDS APPOINTMENTS

Department of Defense Common Access Card/ID cardholders in need of new or updated cards are encouraged to make appointments online.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m., Monday through Friday.

To make an appointment, visit https://rapids-appointments.dmdc.osd.mil or call 671-4178.

Inter-American Air Forces Academy seek volunteers

By Mike Joseph

JBSA-Lackland Public Affairs

The Inter-American Air Forces Academy at Joint Base San Antonio-Lackland needs volunteers for its Amistad and field study programs.

IAAFA conducts courses in Spanish for nearly 1,000 students per year from the armed forces and governmental agencies of up to 21 Latin American countries. The courses range from aircraft maintenance to professional development, and the academy's goal is to bring countries from the Western Hemisphere together in order to promote "Inter-Americanism."

The volunteers would serve as sponsors in its Amistad – Spanish for friendship – program or as escorts for the field study program.

"Both programs continue IAAFA's mission to foster enduring Inter-American engagement through education and training while building partnerships for tomorrow," said Tech. Sgt. Sue Hemgesberg, Amistad program manager.

The Amistad sponsor program's goal is to make the transition for the international students as seamless as possible. Sponsors share time and activities with the international students to help acquaint them with American family and society, goals and ways of life in general.

The impression made by the sponsor is greater than any description of Americans the student could study.

"As a sponsor, we only ask you host them at least once a month," Hemgesberg said. "All you need is a willingness to share your way of life with an international student.

"Our students want to feel like we're welcoming them by including them in the family," she said. "That's very important in the Latin American culture"

The field study program takes international students on one-day trips to area places of governmental or social interest, such as NASA in Houston or the LBJ Presidential Library in Austin, to further their understanding of American values and cultural diversity.

"IAAFA takes care of all meals and transportation. It's a great experience," said Tech. Sgt. Roberto Vasquez, field study program coordinator.

The field study program meets Congressional requirements on exposing IAAFA's international military students to the American democratic process. The goal is for the students to return home with a better understanding of the U.S. government, militaries, and citizens duty to protect, preserve and respect the rights of every individual.

"The main difference between the two programs is that the field study trips are conducted during academic hours versus the Amistad program, which is done after duty hours," said Vasquez. "Our volunteers must be able to clearly communicate in Spanish, be over 18 years old, and be able to translate on the spot."

Both programs are open to active duty, Reserve or retired military members, Department of Defense civilian personnel, U.S. citizens and legal residents. All volunteers are subject to background investigations by Air Force Security Forces.

Fluent Spanish is required for the field study program, but not for the Amistad program. However, Spanish is preferred for volunteers since IAA-FA students generally do not speak English.

"We would love to have as many

See IAAFA Page 13



For additional event information, contact AF ISR Agency Public Affairs at 977-2730.

BMT HONORS

Congratulations to the following 46 Airmen for being honor graduates among the 460 Air Force basic military trainees who graduated today:

322nd Training Squadron

-Flight 551 Barringer Carter Micah Killion Joshua Speziale

-Flight 552 Chelsea Boehme Darrielle Morris Anna Pastor

323rd Training Squadron

-Flight 550 Vorakan Chalaopak Casey Gray Derick Kaczkowski Zachary Schlee Teddy Tan Shawn Worob

324th Training Squadron

-Flight 547 Hunter Evanson Blake Tushar

-Flight 548 Phillip Kraker Zachary Scaffidi

331st Training Squadron

-Flight 545 Cody Hammond Benjamin Raymond Jonathan Scott II Aaron Stafford

-Flight 546
Paige Crawford
Hannah Durand
Bailee Graveline
Hannah Hess
Stephanie Rabideau

Megan Schryer

-Flight 553 Steve Bentley Joshua Cowart Austin Goins Simon Hart Zachary Hoel

Joshua Lambert Michael Lizzi Patrick Norton Kurt Phillips

David Steele

Jess Holtje

-Flight 554
Brian Fox
Nicholas Gilligan
Joel Mcghee
Daniel Nelson

Daniel Nelson Alec Offner Michael Orgeron Kendrick Schaben Joshua Tuttle Nicholas Wytrwal

Top BMT Airman Zachary Hoel 331st TRS, Flight 553

Most Physically Fit Male Airmen

Juan Aguilera 331st TRS, Flight 554 Austin Moore

331st TRS Flight 554 Michael Orgeron 331st TRS Flight 554 Rosenstein Cal

331st TRS Flight 553 Female Airmen Cherie Kern 322nd TRS, Flight 552 Chelsea Boehme 320th TRS, Flight 410

Victoria Krencius 321st TRS, Flight 420 Stephanie Rabideau 331st TRS, Flight 422
Male Flights

331st TRS, Flight 554

331st TRS, Flight 553 323rd TRS, Flight 550

331st TRS, Flight 545 324th TRS, Flight 547

322nd TRS, Flight 551 323rd TRS, Flight 549 324th TRS, Flight 548

Female Flights

331st TRS, Flight 553 322nd TRS, Flight 552

Top Academic Flights

331st TRS, Flight 553 331st TRS, Flight 546

331st TRS, Flight 554 331st TRS, Flight 545 322nd TRS, Flight 551

324th TRS, Flight 548 324th TRS, Flight 547

323rd TRS, Flight 549 323rd TRS, Flight 550



JBSA's social media sites provide forum for organizations, individuals

By Robert Goetz

JBSA-Randolph Public Affairs

Department of Defense installations have increasingly turned to social media websites such as Facebook and Twitter to communicate information, but these sites also benefit organizations and individuals who share a bond with the military.

Joint Base San Antonio's social media sites provide "an open forum and encourage followers to share their JBSA photos and experiences," Laura McAndrews, JBSA-Randolph community and media relations chief, said.

"If your organization has information you'd like shared on our pages, please send it to public affairs and we'll work to find the best way to package it up and get it out," she said.

McAndrews also said organizations that wish to have their own page to communicate with members should "do so as a closed group or private page."

Although general Air Force guidance is for public affairs shops only at wing level and above to maintain social media pages since they are responsible for the release of information, Airmen are also welcome to share their accounts and are encouraged to tag the official pages, McAndrews said.

However, the fourth edition of the Air Force Social

Media Guide, a publication of the Air Force Public Affairs Agency, reminds Airmen that all regulations that normally apply also govern them when they're using social media platforms.

McAndrews, who said the focus of the installation's social media pages is to tell the JBSA story in an engaging and professional manner, said posters should maintain propriety in telling their stories or relaying information.

"We do not allow graphic, obscene, explicit or racial comments, nor do we allow comments that are abusive, hateful or intended to defame anyone or any organization," she said. "We do not allow comments that suggest or encourage illegal activity."

McAndrews said postings on JBSA social media sites "should be official and releasable information.

"The pages are monitored by public affairs, so if someone posted inappropriate content, it would be removed," she said. "If necessary, we could also block the individual."

Whether service members are on or off duty, their words and actions represent the military.

Simply put, as a member of the military, you are held to a higher standard than your peers according to the media guide.

"This applies to photos involving alcohol or risky behaviors, sharing questionable or inappropriate material, and speaking disrespectful words in violation of the Uniform Code of Military Justice," she said.

JBSA's social media pages "are just another means of getting out information," McAndrews said.

"We share news stories, events, celebratory information, crisis communication and more," she said.

nation, crisis communication and more," she said.

These sites continue to grow, McAndrews added.

"Between our multiple social media platforms, we have more than 17,700 followers and our messages reach up to one million monthly, and we continue to grow every day," she said. "If you like to get your information via Facebook or Twitter, feel free to check us out."

Check us out...

- On Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph
- On Twitter: @JBSA_Official, @JBSAFSH @JBSALackland and @JBSARandolph
- On YouTube: JointBaseSanAntonio.







CFC from Page 2

benefit the CFC.

With more than 2,700 local, national and international charities and federations participating in CFC, there are three ways to give: payroll deduction, cash or check. Donations can also be given anonymously.

According to the United Way of San Antonio, there has been a steady 3 percent decrease in CFC participation each year since 2009. Officials believe this is because employees are not being educated about their options in participating in the CFC or they do not fully understand the CFC. The United Way of San Antonio found that the No. 1 reason people don't donate is that they are not asked.

This year, the JBSA CFC Committee is focusing on making meaningful contact and education. We want 100 percent of employees contacted, 100 percent educated and given a 100 percent opportunity to donate.

In past years, employees who were out of office on the day the CFC agency listing and pledge forms were handed out, have come back to their office with CFC material simply left on their desk, without any contact.

We want unit points of contact to make one-onone contact with employees who were unavailable on their unit's CFC day.

Employees can have confidence in the CFC program, as every charity and federation in the agency listing has to apply to participate in CFC and must demonstrate sound fiscal management, exhibit high integrity of conduct, serve the community as a human health and welfare organization and have no affiliation or link to terrorism.

Every organization also undergoes a financial audit, their IRS Form 990s are reviewed and they must have IRS determination of non-profit status.

Employees should also have confidence that their donations are going to the organizations they designate. All data entries are verified and the database will not accept invalid codes.

The CFC and United Way of San Antonio are also audited annually. If employees do not wish to designate their donations to a specific organization, they can have confidence that their donations will be evenly disbursed to all organizations participating in the CFC, as opposed to going only toward overhead.

To access the 2013 San Antonio Area Combined Federal Campaign charitable agency brochure online, visit http://www.cfcsanantonio.org.





Celebrating 66 years of proud heritage!

The 2013 San Antonio Air Force Ball will take place Sept. 20 at the Grand Hyatt, 600 E. Market Street in downtown San Antonio. Social hour begins at 6 p.m., the event starts at 7 p.m.

Military dress is mess dress or semi-formal attire. Civilians dress is formal or black tie.

Hosting the event is Lt. Gen. James Holmes, vice commander, Air Education and Training Command. Retired Maj. Gen. Alfred Flowers is the guest speaker.

Tickets are \$40 and can be purchased online at http://2013afball.ecwid.com/. A \$1.50 surcharge per ticket will be added.

For cash payments, airmen through technical sergeant., contact Tech. Sgt. Araceli Alarcon, 671-3506. Top 3 contact either Master Sgt. Fordham Terrill, 977-5839 or Master Sgt. Anthony Foremeski, 977-5416. Officers contact 1st Lt. Sara-Grace Ramos, 671-6706.



COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The 2013 Combined Federal Campaign runs through Dec. 15. The following is a list of points of contact for Joint Base San Antonio:

> 502nd Air Base Wing: 1st Lt. Amanda McGowin, 221-4321 Alternate: Master Sgt. Mason Wilson, 671-6705

> > 502nd Mission Support Group: Manny Henning, 221-1844 Alternate: Duane Dunkley, 221-2207

802nd MSG: 1st Lt. Brandon Langel, 671-2528 Alternate: Master Sgt. Robert Brinson, 671-5511

Matt Borden, 652-3797 Alternate: Master Sgt. Ennis Fowler, 652-6915 Alternate: Master Sgt. Shawn Waghorn, 652-3088

902nd MSG:

To access the 2013 San Antonio Area Combined Federal Campaign charitable agency brochure online, visit http://www.cfcsanantonio.org.

WATER CONSERVATION TIPS!

- » Install covers on pools and spas and check for leaks around pumps.
- » Use the garbage disposal sparingly. Compost instead and save gallons every time.
- » Plant during the spring or fall when the watering requirements are lower.
- » Keep a pitcher of water in the refrigerator instead of running the tap for cold drinks, so that every drop goes down you not the drain.
- » Check your water meter and bill to track your water usage.

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Photos 1 - 6 by Airman1st Class Krystal Ardrey, 3rd Combat Camera Squadron
The 433rd Aircraft Maintenance Squadron is a reserve unit assigned to Joint Base San Antonio-Lackland. The unit's mission is to maintain the C-5 Galaxy fleet to support both training requirements and strategic airlift missions stateside and abroad. As the Air Force Reserve's only formal training unit, the 433rd AMS provides initial and advanced C-5 flight qualification for Air Mobility Command, Air National Guard and AFRC flight crews. Since 2007, the unit has acted as the Air Force's only C-5 training organization, providing active duty, guard and reserve components with highly skilled Airmen while also supporting various humanitarian and contingency missions.









FROM IAAFA Page 3

sponsors as students," Hemgesberg said.

"For our 200-plus students (a normal IAAFA class) this is their first time in the U.S.," Vasquez said. "Without these programs, our students will not have the opportunity to experience our culture. For this we really need the community to be involved."

To introduce students and volunteers to the Amistad and field study programs, IAAFA will host an Amistad mixer at 6 p.m., Sept. 27, in the IAAFA Training Center auditorium.

For additional information about the Amistad program, the field study program, or to make reservations for the mixer, contact Hemgesberg or Vasquez at 671-4406.

JBSA Sexual Assault Prevention and Response

JBSA SEXUAL ASSAULT HOTLINE 808-SARC(7272)

DOD SAFE HELPLINE (877) 995-5247

JBSA CRISIS HOTLINE 367-1213

JBSA DUTY CHAPLAIN 365-6420

AF tuition assistance application window delayed for Fiscal Year 14

WASHINGTON (AFNS)

Airmen applying for tuition assistance in fiscal year 2014 will see several changes in both eligibility for and administration of the program.

The application window for classes beginning on or after Oct. 1 opened Monday.

The cornerstone of the Air Force's FY14 program will be supervisor involvement. Airmen who apply for TA will be required to obtain supervisor approval for all requests. Supervisors may deny requests for Airmen in any level of upgrade training, if the Airman will be TDY or will be changing Permanent Station during the academic term, if the Airman is enrolled in Professional Military Education or for any other factors the supervisor determines would impede the Airman's ability to complete the course.

TA will not be approved for Airmen seeking a degree at the same level as they currently hold, with a few exceptions in support of certain graduate foreign language/affairs programs, cyber law master's degrees and multiple Community College of the Air Force degrees for Airmen who hold multiple enlisted Air Force specialty codes.

"Air Force leaders worked very hard to develop a TA program that provides the best opportunities for Airmen and meets Air Force needs. Higher education continues to be a cornerstone of Airmen's development at all levels," said Kimberly Yates, the Air Force Voluntary Education chief. The Air Force instruction for voluntary education will be rewritten to reflect these changes.

Failing to meet Air Force standards will impact an Airman's eligibility. TA requests from Airmen who have unfavorable information files, failed/overdue physical fitness testing, have received referral performance reports or are on a control roster will automatically be denied

The fundamental financial benefits of TA are unchanged. Airmen who are approved to receive TA may receive up to \$4,500 per fiscal year and a maximum of \$250 per semester hour including tuition and allowable fees.

"The changes to TA in FY14 require Airmen and their supervisors to more actively engage in managing academic pursuits and goals," said Russell Frasz, director of Force Development. "This will help leaders ensure Airmen take advantage of academic opportunities while balancing their goals with mission requirements."

The Air Force Virtual Education Center underwent significant modifications to accommodate these changes, which drove the delay in the opening of the application window for FY14 courses from Aug. 1 to Monday.

"The delay will help us test the system and ensure it is user friendly and will work smoothly for Airmen," Yates said. For the first time, Airmen in the field are involved in testing the updated system and providing feedback to make it as user friendly as possible.

Airmen should contact their base education office for more details or for assistance in applying.

community



SATURDAY

MONTHLY THRIFT SHOP SALE

The Lackland Thrift Shop's monthly \$5 bag sale is 10 a.m. to 2 p.m., Saturday, at One Stop, Building 5460. Proceeds from all thrift shop sales support scholarships for military dependents and military-connected organizations at JBSA-Lackland.

For additional information, call 671-3608.

MONDAY

FLIGHT RECORDS OFFICE HOURS

The Aviation Resource Management Office (flight records) will only accept emergency walk-ins from 7:30-9 a.m., Monday through Friday, beginning Monday.

To schedule an appointment between 9 a.m. to 4 p.m., Monday through Friday, call 925-6913/6911.

TUESDAY

DIMENSIONS IN BLUE PERFORMANCE

The Air Force Band of the West's Dimensions in Blue Jazz Ensemble will perform a free concert at 6:15 p.m. and 7:20 p.m. Tuesday in Travis Park for Jazz'SAlive.

The park is located at the corner of Pecan and Navarro Streets in downtown San Antonio.

For more information, visit http:// www.bandofthewest.af.mil.

WEDNESDAY

AMAZING RACE VOLUNTEERS NEEDED

The 802nd Force Support Squadron needs 50 volunteers to work the JBSA-Lackland Amazing Race 7:30 a.m. to 6 p.m.. Wednesday.

Volunteers will assist with stations, driving carts and in other areas.

For more information, contact Brett Cannon at 671-2401.

JOINT PROFESSIONAL DEVELOPMENT

The Security Hill 5/6 at Joint Base San Antonio-Lackland will sponsor a joint professional development seminar for junior enlisted military members in all services from 8 a.m. to 12:30 p.m., Wednesday, at Mitchell Hall. Friday is the registration deadline.

The class focuses on working in a joint environment, inter-service communications and service-related cultural differences. Register online at http://go.usa.gov/DcBF.

For additional information, contact Tech. Sgt. Tamisha Rutledge at 395-0131 or Tech. Sgt. Jason Gaddis at 969-4278.

SEPT. 26

HOME SELLER'S SEMINAR

A home seller's seminar is 1:30-3:30 p.m., Sept. 26, in the fellowship room at Freedom Chapel.

The seminar covers home seller's information, determining a sales price, staging, saving equity, an overview of the closing and title process, and working with a realtor.

For more information or reservations, contact Elvira Martinez at 375-5149.

SAFETALK TRAINING CLASS

A SafeTALK training class is 8 a.m. to noon, Sept. 26, at Freedom Chapel. The class teaches Airmen to recognize suicide warning signs.

Pre-registration is required. To register, call 671-4208 or email natalia.guajardo.ctr@us.af.mil.

OCT. 4

PARENTS' PROGRAM CHANGED

Give Parents a Break/Parents' Night Off at the JBSA-Lackland Youth Center, kindergarten to age 12, and the Lackland Child Development Center, 6 weeks to age 5, has been moved to Oct. 4 from Oct. 18. 7-11 p.m.

The date is listed incorrectly in the September/October Spotlight magazine.

For more details, call the Youth Center at 671-2388 or the Lackland CDC at 671-1052.

OCT. 18

SECURITY FORCES MEMORIAL MARCH

Joint Base San Antonio Security Forces will honor fallen defenders with its fourth annual memorial road march Oct. 18 at JBSA-Camp Bullis' "3 Bears" course.

Ruck weigh-in and T-shirt distribution begins at 5:30 a.m., followed by the memorial march at 6:30 a.m. The 4.5-mile event is open to individuals or teams of four.

Categories include light (hydration backpack) and heavy (ruck/ backpack with 30 percent of an individual's body weight).

For information, contact Tech Sgt. Joseph Petruzzi at 295-7797.

INFORMATIONAL

SUICIDE AWARENESS MONTH

September is Suicide Awareness

Month, which emphasizes Air Force Instruction 1-1.

AFI 1-1, about being a good Wingman, means taking care of fellow Airmen, and taking action when signs of trouble are observed, especially in situations where Airmen appear as if they are about to make a poor decision, are in despair or show signs of hurting themselves or others.

Remember to ACE: Ask your Wingman. Care for your Wingman, and Escort vour Wingman.

For more information on suicide prevention, visit http://www.wingmanonline.org.

DLIELC SEEKS VOLUNTEERS

The Defense Language Institute English Language Center needs volunteers for its American Members of Goodwill to Others program.

AMIGOs help DLI international students become acquainted with American culture and way of life. AMIGOs also give DLI students an opportunity to practice speaking English.

For additional information or to become an AMIGO volunteer, contact Dawna Hollie, AMIGO program manager, at 671-7700.

CHAPEL SERVICES -

PROTESTANT

Sundau

Freedom Chapel -Building 1528

Contemporary Service 9:30 a.m. Religious Education 11 a.m. Gospel Service 12:30 p.m. Wednesday

6 p.m. AWANA

Hope Chapel -Building 10338

Sundau

Contemporary Service 11 a.m. Spanish Service 12:30 p.m.

<u>Airmen Memorial Chapel -Building 5432</u> Sunday

Liturgical Service

8 a.m. DENOMINATIONAL

BMT Reception Center -Building 7246

Sunday Church of Christ 7:30 a.m. **Gateway Chapel -Building 6300**

Saturday

Seventh-day Adventist 12:30 p.m. **Education Classroom -Building 5200**

7:30 a.m.

Room 108

Sundau

Christian Science

ROMAN CATHOLIC

Freedom Chapel -Building 1528

Sunday Religious Education 9 a.m. 11 a.m. Mass

Monday – Friday Daily Mass

11:30 a.m.

Hope Chapel -Building 10338

Saturday Reconciliation 4:30 p.m. 5:30 p.m. Mass

ORTHODOX CHRISTIAN

Airmen Memorial Chapel -Building 5432

Religious Education 8 a.m.

WICCA

BMT Reception Center -Building 7246

Sunday Military Open Circle 12:30 p.m.

Freedom Chapel -Building 1528

First Tuesday Military Open Circle 6 p.m.

JEWISH

Airmen Memorial Chapel -Building 5432

Friday

Sabbath & Kiddush

4 p.m.

Religious Education 12:30 p.m.

ISLAMIC

Global Ministry Center -Building 7452

Friday Jummah Prayer 1:15 p.m. Sunday

Religious Education 9 a.m.

BMT Reception Center -Building 7246 *Sun<mark>da</mark>y* Buddhist 10 a.m.

Gateway Chapel -Building 6300 First, third and fifth Saturdays Eckankar 12:30 p.m.

First, third and fifth Saturdays Baha'i 11 a.m.

OTHER FAITH GROUPS

THE CHURCH OF LATTER-DAY SAINTS **Hope Chapel -Building 10338**

Religious Education Thursday LDS Institute Sunday

Tue<mark>sd</mark>ay 6:30 p.m.

6:30 p.m. Lackland ISD LDS Service 8 a.m.

JBSA-LACKLAND KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society 671-3722 Airman & Family Readiness Center 671-3722 Airman's Attic 671-1780 American Red Cross 844-4225 671-1058 Base Post Office **Bowling Center** 671-2271 800-538-9552 **DEERS Exceptional Family Member Program** 671-3722 Family Child Care 671-3376 Legal Office 671-3362 Library 671-3610 Medical Appointment Line 916-9900 MPF ID Cards 671-6006 Outdoor Recreation 925-5532 TRICARE Info 800-444-5445 Thrift Shop 671-3608

Enlisted Spouses' Club http://www.lacklandesc.org Force Support Squadron http://www.lacklandfss.com http://www.lacklandisd.net Officers' Spouses' Club http://www.lacklandosc.org JBSA Public website http://www.jbsa.af.mil http://www.MyAirForceLife.com My Air Force Life

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911 • Hope Chapel - 671-2941

WHAT'S HAPPENING

FRIDAY

- ► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.
- Consumer awareness seminar on planning, saving and budgeting taught by the Better Business Bureau, 10 a.m. to noon.

MONDAY

- ► Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.
- ► Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ► Post deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.
- AMVETS national service officer

available by appointment only. For information, call 773-354-6131.

TUESDAY

- ► Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

WEDNESDAY

- ► Transition Assistance Program, 7:45 a.m. to 4 p.m.
- AWANA Clubs, 6-8 p.m., Freedom Chapel.
- ► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

THURSDAY

- ► Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ► Air Force Basic Military Training spouse and parents' seminar, BMT

Reception Center, Building 7246, 1 p.m.

CALL AFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE AIRMAN AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW.

Call 800-973-7630 or 671-4057 for more information.

► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

SEPT. 20

- ► Transition Assistance Program, 7:45 a.m. to 4 p.m.
- ► AMVETS national service officer available by appointment only. For information, call 773-354-6131.

SEPT. 23

- ► Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ► Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, Building 5160, 2:30-3 p.m.
- ► AMVETS national service officer

available by appointment only. For details, call 773-354-6131 for details.

SEPT. 24

- ► Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- Resume writing techniques, 11:30 a.m. to 1:30 p.m.
- ► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

SEPT. 25

- ▶ Officers' first duty station personal financial readiness briefing, mandatory within 90 days of arrival at JBSA-Lackland, 9-11 a.m.
- Newcomer's orientation briefing, mandatory for personnel new to JBSA-Lackland, Gateway Club, 8 a.m. to 2:30 n m
- AMVETS national service officer available by appointment only. For information, call 773-354-6131.

Monthly Meetings

ENLISTED SPOUSES' CLUB
The Lackland Enlisted Spouses'
Club meets every third Tuesday of
the month at the Balfour Beatty
Community Center, 6:30-8:30 p.m.
For more information, visit
http://www.lacklandesc.org.

OFFICERS' SPOUSES' CLUB
The Lackland Officers' Spouses'
Club meets monthly. For dates and
times, or more information, visit
http://www.lacklandosc.org.

MILITARY COUNCIL OF CATHOLIC WOMEN
The Military Council of Catholic
Women meets the first Friday of
the month, 9:30 a.m., at Freedom
Chapel. For additional information,
call 671-4208.

On the web http://www. lacklandfss.com

Compiled by Mike Joseph, JBSA-Lackland Public Affairs PAGE 16 SOORTS TALESPINNER September 13, 2013

UPCOMING

YOUTH CENTER NEEDS VOLUNTEERS

The Joint Base San Antonio-Lackland Youth Center is in need of volunteer sports referees for the upcoming soccer and flag football program beginning Saturday and ending Nov. 7. Training on specific league by laws will be provided. All applicants must have basic knowledge of soccer and flag football rules. For additional information, contact Johnny Bailey or Ruben Rodriguez at 671-2611/1245.

LADIES BOWLING LEAGUE

The Thursday Morning Ladies League is looking for more ladies to participate in its program. The season begins at 9:30 a.m. Oct. 17. The league is open to all ages. Contact the Skylark Bowling Center at 671-1234 for additional information.

POW/MIA REMEMBRANCE RUN

The POW/MIA 24-Hour Remembrance Run begins at 8 a.m. Thursday and runs through Friday. Military members, civilians, and family members are encouraged to participate by signing up to carry a baton at one of eight tracks across Joint Base San Antonio. Commemorative T-shirts will be on sale across JBSA with proceeds going to the National League of POW/ MIA Families through the Combined Federal Campaign. If your organization is interested in taking part in this event, contact Staff Sgt. Sean Okeefe at 671-3871 for more information.

GROUND COMBAT

The Chaparral Fitness
Center offers a Ground Combat
class Tuesdays and Thursdays
from 5 to 6 p.m. Students are
instructed on ground fighting
techniques, Jiu Jitsu concepts,
sweeps and counters and effective submission maneuvers.
The class is open to ages 13
and up. Call 671-2401 for
additional information.

Houston area All-Air Force softball players look to make rookie impact

By Jose T. Garza III
JBSA-Lackland Public Affairs

Other than playing against each other in softball while stationed in Korea, two All-Air Force Men's Softball rookies didn't really know each other until they arrived at Joint Base San Antonio-Lackland for team tryouts this year.

After Master Sgt. Raymond Ford, a meteorologist at Ramstein Air Base, Germany, and Senior Airman Scott Wood, a Security Forces police officer at Osan Air Base, South Korea, officially met, they found out they have a few things in common, except for preferences in sports teams.

Both are outfielders with ties to the Houston area. Ford was born in Houston but moved to a small town called Altair, which is located more than hour outside of the city, when he was younger. Wood was born in Mississippi but moved to Houston less than a year after being born.

Ford loves his hometown sports teams while Wood is a devoted Alabama Crimson Tide and New York Yankees fan.

"It's ridiculous and an embarrassment to the state of Texas," Ford joked about Wood's preference in sports teams.

"He's just jealous because I'm a winner," Wood quipped back, alluding to his team's championship success.

As official All-Air Force Men's Softball Team members, both can overlook their differences of opinion on sports teams to achieve a common goal—to help the team reclaim the Armed Forces Softball Championship gold medal. The Army ended the Air Force's streak of three consecutive gold medals when it claimed the 2012 title by holding the tiebreaker over the Air Force in the triple round-robin tournament that included teams from the Navy and the Marine Corps.



Master Sgt. Raymond Ford

"We not only want to make the Air Force proud, but we want to make our families and the state proud," Ford said.

"Playing with someone from your area, when they're playing well, makes you want to play well," Wood said. "We want to represent the Air Force and the state."

While both players are rookies on the team, they have varying softball experience.

Wood, 25, has been playing competitive softball since joining the Air Force over two years ago. He learned about the All-Air Force Softball program from All-Air Force Men's Softball Assistant Coach Chris Simpson and his varsity softball teammates in Korea, who previously played on the team.

"Seeing those guys play at a high level drove me to want to get better," Wood said. "I want to play at a high level. I always want to do the best that I can in everything that I do because, otherwise, there's no point to being out there.

"I worked hard, got better, and improved my game. I talked to my varsity softball coach, and he felt that I could play at the All-Air Force Softball level so he helped me fill out the Air Force Form



Senior Airman Scott Wood

303 application."

Simpson is proud of Wood's progression since their days together on the Osan varsity softball team.

"From the first time I saw him, he's grown leaps and bounds as a ball player offensively and defensively," Simpson said.

Ford filled out his first application this year after playing softball while serving overseas for nine years.

The Air Force Form 303 allows active duty, National Guard, and Reserve Air Force personnel an opportunity to participate in Air Force, Armed Forces, national and international sporting events.

"I got lucky by getting selected to try out for the team," Ford said. "I came out there, and all my hard work paid off by being chosen for the final roster.

"It's been pretty awesome to meet this great group of guys. Everybody has a ridiculous amount of talent, and if we put it together, we could attain the ultimate goal of the Armed Forces Softball gold medal. Being part of the All-Air Force Softball Team is something I wanted to experience before I hang up my sneakers so to speak."

Wood hopes his All-Air Force

Softball experience is one of many to come.

"To be fortunate to get here so young, I hope to have the opportunity to be here in the future so I can help other players the way the veterans helped me to get to this level."

"If we just go out and play our game, there is no pressure because our talent will come to the surface," Ford said.

"We are trying to live up to the old Air Force Men's Softball teams' standards, but this is the 2013 team and we are trying to make our own history."

"This team honestly cares about each other," Ford said. "Nobody gets upset with you. I've been on teams where people go crazy. On this team, we pick each other up and we have each other's backs.

"It all starts with our coaches and rolls down to our veterans and rookies."

"It's a total team effort," Wood said. "If you get out, that's ok. The next guy is going to pick you up."

Ford and Wood enjoy traditional team activities off the field, which include performing skits during downtime at the Armed Forces Softball Championships as part of their roles as rookies.

The team camaraderie is why the All-Air Force men's softball Team will be successful again this year, Wood said.

"Being there for your team helps make you a better, wellrounded player," Wood said.

Ford believes the team's success starts at the top.

"We have the best coaches," he said. "What I've learned in the military is that it all starts with leadership. They are teaching us exactly what we need to do and putting us in the right positions to succeed. As long as we step up and seize the moment, we will be just fine."

New PT program helps ALS class 'come together'



Senior Airman Keegan Hoover

By Mike Joseph JBSA-Lackland Public Affairs

Recent graduates of the Joint Base San Antonio Airman Leadership School said the school's new physical training program helped the class "come together" and also "decompress" during the five-week course.

"It was like the class would come together, even on the really hot days," said Senior Airman Keegan Hoover. 802nd Logistics Readiness Squadron, about the warrior performance workout program. The physical training program was developed by Staff Sgt. Thomas McKerlie, an ALS instructor and the school's PT NCO.

"We were motivated to go out there and do it even though it was 100 degrees," Hoover said. "Everyone made a silent agreement to suck it up and help each other get through it. Once it started, it was like, 'only nine more minutes, eight more minutes . . . let's



Staff Sgt. Desiree Echeverri

just get through it."

The class of 47 senior airmen, ALS instructors and ALS leaders held 40-minute PT sessions three times a week, often when the temperature was near or over 100 degrees. PT began at 3:45 p.m., in the heat of the day, as a way to honor military members who died in Iraq and Afghanistan combat operations.

"It was a great way to decompress," said Staff Sgt. Justin Chalut, 959th Clinical Support Squadron, who moved up in rank after graduating Sept. 4. "We spent so much of our time being intellectually simulated that it was nice at the end of the day, three times a week, to be physically challenged. It gave you a break (from the classroom)."

Master Sgt. John Chacon, ALS commandant, said a student survey on the PT program was all positive feedback. He said most students indicated honoring the fallen service members was



Senior Airman Brittany Gomez

worth enduring the heat and that they better understood the sacrifice those military members made.

Staff Sgt. Desiree Echeverri, 59th Radiology Squadron, who also earned NCO status after graduating the school, agreed with the survey's results.

"I think our mindset was changed by the moment of silence we had (for a fallen member) before we started PT," Echeverri said. "We knew why we were working out and the sacrifice (those fallen warriors) made, so it was worth giving 40 minutes of our day for PT."

"I think it impacted us in the classroom, too," said Senior Airman Brittany Gomez, 59th Medical Operations Squadron. "On the first day we saw slides of the PT program, and who we would be honoring. It got you in the mindset of, 'This is why I'm here, this is why I'm in the Air Force.'

"Doing it three times a week was extremely profound for me," Gomez



Staff Sgt. Justin Chalut

added. "It made me appreciate them and their sacrifice. It also applies to everything you do, not just PT. It really brought us together."

Chalut said he noticed a difference in some students between their classroom and PT demeanor.

"It was interesting to see people who weren't necessarily leaders in the classroom but were during PT," he said. "Everyone has the potential to be a strong motivator and leader in PT."

Echeverri said she was motivated to make it through PT by her classmates and the ALS instructors, who worked out with the class at each PT session. The inspiration Echeverri found helped her deal with exercising while being pregnant.

"Being pregnant in the first trimester is exhausting," she said. "But to see everyone else give 100 percent during PT, I was like, 'No, I have to do it. I have to give 100 percent."

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